



Food Safety Answers

Let's see how you did.

1. *Since the food is going to be cooked, I don't need to wash my hands before starting the food preparation.* **False**

Always wash your hands with soap and warm water before beginning food preparation. Also, try not to sneeze or cough into the food. If you sneeze or cough, wash your hands again.

2. *It is okay to sample food before it is fully cooked to see if it is done.* **False**

Tasting raw meat, poultry and other foods can make you sick. Make sure you wash fruits and vegetables and cook meats and eggs. It is also important not to taste food that looks or smells bad to see if you can still use it. Just discard it.

3. *I should never use the same cutting board, utensils and plates for meats and other foods.* **True**

Use a separate cutting board for meats or thoroughly wash the cutting board with hot soapy water, utensils, counter and your hands before continuing in the food preparation.

4. *Since the kitchen counter is warmer it is better to thaw meats on the counter instead of the refrigerator.* **False**

Always thaw meat in the refrigerator, in the microwave or under cold running water. Never thaw at room temperature.

5. *You should always pick up perishables last when shopping and refrigerate them as soon as possible.* **True**

It is very important that perishable food is never left out of the refrigerator for more than 2 hours.

6. *You should allow more time when cooking something that is frozen.* **True**

Allow frozen food more time to cook, generally 1 – 1.5 times the period required for food that has been thawed.

7. *Bacteria grow rapidly at ordinary room temperatures.* **True**

Bacteria grow quickly at room temperature. Make sure food is not left out for over 2 hours and use an appliance thermometer to check your refrigerator and freezer to make sure they are at the proper temperatures.

8. *You can tell meat is done by the color it is inside.* **False**

The color of meat and poultry is not a sure sign that it is fully cooked. Some foods, especially smoked poultry, remains pink no matter how long you cook it. Only by using a food thermometer can you determine if the food is done.

9. *You should use large, deep containers for storing food.* **False**

When storing leftovers you should use small, shallow containers and refrigerate them immediately.

10. *When in doubt, throw it out.* **True**